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Re: Application Serial Number 10/685,342  
Attorney Docket Number 13914.875

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NOTE: Wanted you to check out amendment before it's mailed.

Note the bold in claims 4, 15, 16 and 22 are proposed amendments that we had not discussed, but am suggesting. Let me know your thoughts.  
Carl, leave message or email. Thanks.

### EXAMINER'S AMENDMENT

#### Listing of Claims:

1. (Currently Amended) A weight lifting system configured to enable convenient coupling of weights to a handle, the weight lifting system comprising:  
a handle having first and second opposing ends, the opposing ends having a hollow interior;  
a plurality of weight plates, each weight plate having an aperture therethrough;  
and  
first and second locking mechanisms configured to selectively couple the weight plates to the respective opposing ends of the handle, at least one of the first and second locking mechanisms comprising: (i) a moveable member that selectively engages an interior surface of the handle, and (ii) a push rod selectively contacting different portions of the moveable member such that movement of the push rod selectively positions the moveable member into a locked position, <sup>a portion of</sup> wherein the at least one of the first and second locking mechanisms is selectively inserted into an end of the handle.
2. (Currently Amended) A weight lifting system as recited in claim 1, wherein the moveable member comprises a cam follower that is configured to be selectively engaged with ~~an~~ the interior surface of the handle.
3. (Currently Amended) A weight lifting system as recited in claim 1, wherein the moveable member has threads configured to threadedly engage ~~an~~ the interior surface of the handle.
4. (Currently Amended) A weight lifting system ~~as~~ <sup>✓</sup> recited in claim 1, wherein each locking mechanism comprises (i) a sleeve, ~~said~~ and a moveable member, wherein said moveable member is rotatably coupled to the sleeve, and (ii) a push rod that slides within

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the sleeve and selectively contacts different portions of said moveable member so as to selectively move said moveable member into a locked position.

5. (Previously Amended) A weight lifting system as recited in claim 1, wherein the moveable member has a slanted body.

6. (Currently Amended) A weight lifting system as recited in claim 1, wherein the moveable member selectively moves between a locked position and an unlocked position within ~~an~~ the interior surface of the handle.

7. (Currently Amended) A weight lifting system as recited in claim 1, wherein the moveable member is selectively rotated through the use of a the push rod.

8. (Currently Amended) A weight lifting system as recited in claim 1, wherein the moveable member is selectively in threaded engagement with ~~an~~ the interior surface of the handle.

9. (Currently Amended) A weight lifting system configured for selective coupling of weight plates to a handle and for convenient disengagement of the weight plates from the handle, the weight lifting system comprising:

a handle having hollow interior surfaces on opposing ends thereof;

a plurality of weight plates, each weight plate having an aperture therethrough;

and

first and second opposing locking mechanisms each having a portion configured to extend through ~~the~~ at least one of said plurality of weight plates, wherein said portion is selectively inserted ~~and~~ into the interior ~~surface~~ of the handle, wherein at least one locking mechanism comprises: (i) a moveable member configured to selectively engage the interior surface of an end of the handle, (ii) a rod configured to selectively ~~move~~ rotate the moveable member, and (iii) a biasing member configured to bias the rod with respect to the moveable member.

10. (Previously Amended) A weight lifting system as recited in claim 9, wherein the biasing member biases the rod into a locked position.
11. (Previously Amended) A weight lifting system as recited in claim 9, wherein the biasing member comprises a spring.
12. (Original) A weight lifting system as recited in claim 9, wherein the portion of each locking mechanism configured to extend through the weight plates and into the interior surface of the handle comprises an elongate portion.
13. (Previously Amended) A weight lifting system as recited in claim 9, wherein the moveable member is selectively locked or unlocked with respect to the handle.
14. (Currently Amended) A weight lifting system comprising:  
a handle;  
a plurality of weights; and  
first and second locking mechanisms that couple a respective weight to the handle, at least one of the locking mechanisms comprising: (i) a moveable threaded member that selectively engages an interior surface of the handle, and (ii) a rod configured to selectively move the moveable threaded member with respect to the interior surface of the handle and with respect to the rod.
15. (Currently Amended) A weight lifting system ~~are~~ as recited in claim 14, wherein the moveable member comprises a cam follower.
16. (Currently Amended) A weight lifting system as recited in claim 14, wherein twisting the moveable member in one direction tightens the threads of the moveable member against internal threads of the handle and wherein twisting the moveable member in an opposing direction threads the locking mechanism out of the handle.

17. (Currently Amended) A weight lifting system comprising:

a handle;

a plurality of weights; and

first and second locking mechanisms ~~selectively insertable into ends of the handle~~

that couple a respective weight to opposing ends of the handle, the locking mechanisms each including: (i) a rotating member that selectively engages an interior surface of the handle, and (ii) a push rod selectively contacting different portions of the rotating member such that movement of the push rod selectively positions the ~~moveable~~ rotating member into a locked position.

*A, wherein a portion of each of the 1st + 2nd l.m.'s is selectively inserted into an end of the handle*

18. (Previously Amended) A weight lifting system as recited in claim 17, wherein each of said locking mechanisms further comprises: (i) a sleeve having a respective rotating member coupled thereto, and (ii) a push rod that slides within the sleeve and selectively contacts different portions of the rotating member so as to selectively move the rotating member into a locked position.

19. (Currently Amended) A weight lifting system as recited in claim 18, wherein the ~~cam follower~~ rotating member has threads thereon.

20. (Currently Amended) A weight lifting system as recited in claim 19, wherein the threads selectively engage ~~an~~ the interior surface of the handle.

21. (Currently Amended) A weight lifting system comprising:

a handle;

a plurality of weights; and

first and second locking mechanisms ~~selectively insertable into ends of the handle~~

that couple a respective weight to the handle, at least one of the locking mechanisms comprising a cam assembly that selectively engages an interior surface of the handle, wherein the at least one cam assembly comprises (i) a member that rotates from a non-

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engaged position to an engaged position; and (ii) a rod configured to move in a linear direction in order to cause the member to rotate from the non-engaged position to the engaged position.

22. ~~(Canceled)~~

23. (Previously Amended) A weight lifting system as recited in claim 21, wherein each cam assembly comprises a rotatable cam follower and a push rod that selectively moves the cam follower.

24. (Original) A weight lifting system comprising:  
a handle having a grip configured to be grasped by a user;  
a plurality of weights, each of the weights having an aperture therethrough; and  
first and second locking mechanisms that couple a respective weight to an opposing end of the handle, each of the locking mechanisms including a cam assembly, the cam assembly comprising (i) a threaded moveable member that selectively engages an interior surface of the handle, and (ii) a push rod configured to selectively contact different portions of the moveable member, such that movement of the push rod selectively positions the moveable member into a locked position or an unlocked position.